Colder weather on the way this week

29 November 2012 - Following the heavy rainfall and flooding during the last two weeks, the UK's weather is now much drier but also much colder.

Northerly winds are bringing the drier conditions to the UK although showers are expected to affect eastern coasts, especially in northeast England. Cold temperatures will remain throughout the week, and overnight lows will dip below freezing for many giving frost and fog. In areas that have been particularly wet we may also see icy stretches developing on untreated surfaces.

Eddy Carroll, Met Office Chief Forecaster, said: "The UK will see some respite from the recent rain but showers will affect north-eastern parts of the England for the next few days. People should be aware of the increasing risk of overnight frost, ice and freezing fog patches as the week wears on.

"As it becomes colder we will also see showers turn increasingly wintry across parts of Scotland and northern England."

In light of the change in weather, the Met Office has issued a Level 2 Cold Weather Alert. These alerts give advanced warning of adverse weather conditions, enabling you to take extra precautions to keep safe and well. Further information can be found on the Met Office health web pages.

Professor Virginia Murray, head of extreme events at the Health Protection Agency (HPA), said: "Severe cold can increase the risk of heart attacks, respiratory illnesses and injuries caused by slips, trips and falls. Those particularly at risk include the very old, very young and those with pre-existing medical conditions. The HPA has worked closely with the Department of Health and Met Office to develop a Cold Weather Plan which provides information and advice on what preparations both individuals and organisations can make to reduce health risks over winter."

Advice on simple steps you can take to stay warm and well can be found on our Get ready for winter web pages.

Contact information

Met Office Press Office: **+44 (0)1392 886655**

E-mail: Press Office

Met Office Customer Centre: **01392 885680**

If you're outside the UK: **+44 1392 885680**

Last updated: 29 November 2012